

Workshops Group #1 (1:30-2:15)			Workshops Group #2 (2:30-3:15)		
Deep Relaxation	Room 26	Tamara Geveci	Qigong	Room 26	Oded Ben-Ami
Heart Mind Coherence	Room 21	Bethany Gonyea	Breath Workshop	Room 21	Victor Anderson
Learn to Meditate	Room B-2	Jeff Wigman	Chair Yoga	Room B-4	Judi England
Mindfulness Based Relapse Prevention	Room B-4	Steve Flynn	Drumming Circle	Washington Park	Mason McDermott
Buddhism 101	Sanctuary	Rev. Crystal Muldrow	Bodhisattva of Compassion	Sanctuary	Lama Zopa
Labyrinth	Emerson	Jae and Connie	Labyrinth	Emerson	Jae and Connie
Meet with a Teacher A	Library	Karen Beetle	Meet with a Teacher A	Library	Rev. Crystal Muldrow
Meet with a Teacher B	Room B-5	Lenore Flynn	Meet with a Teacher B	Room B-5	Steve Flynn
Silent Meditation	Room B-8	Robert Durlak	Silent Meditation	Room B-8	Elissa Kane

Workshops Group #3 (3:30-4:15)			Mindful Mingling (4:15-4:45)	Channing Hall	
Contemplative End of Life Care	Room B-2	Lenore Flynn	Sound Meditation (4:45-5:45)	Sanctuary	Mason MacDer- mott
The Four Immeasurables	Room B-4	Lama Zopa	Wrap Up 5:45		Sam and Judi
Connecting Mind & Body	Room 21	Elissa Kane			
The Power of Chanting	Sanctuary	Tamara Geveci			
Art of Resilience	Room 26	Karen Beetle			
Labyrinth	Emerson	Jae and Connie			
Meet with a Teacher A	Library	Victor Anderson			
Meet with a Teacher B	Room B-5	TBD			
Silent Meditation	Room B-8	Jeff Wigman			